

# FRITTATA WITH COURGETTE, TOMATO AND PASTA FROM THE OVEN

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4 persons / 392 kcal per serving

## Ingredients:

- 200 grams penne pasta
- 1 zucchini
- 200 grams cherry tomatoes
- 1 small onion
- 2 cloves of garlic
- 1 teaspoon dried thyme
- 30 grams Parrano, flakes
- 5 medium sized eggs
- 3 tablespoons semi-skimmed milk
- 2 tablespoons olive oil
- salt and freshly ground pepper



## Preparation:

Preheat the oven to 180°C. Cook the penne according to the instructions on the package al dente, drain and rinse with cold water. Cut the zucchini and onion in half thin slices. Finely chop the garlic. Halve the tomatoes. Grease a shallow baking dish with some oil. Place the zucchini with the tomatoes, onion, garlic and thyme in the dish. Add 2 tablespoons of olive oil and grind some salt and pepper over it. Mix everything well together. Place the dish in the center of the oven for 10 minutes. Meanwhile, mix the eggs with the milk in a bowl and season with salt and pepper. Add the pasta and mix it together with the vegetables from the oven. Pour the egg mix over it and sprinkle with the cheese. Put the dish in the oven for 25 to 30 minutes until it is firm. Sprinkle with some extra Parmesan and cut the omelet points or quarters.

## Nutritional value per portion:

Energy:	392 kcal
Protein:	19.3 grams
Carbohydrates:	43.3 grams
- including sugars:	8.6 grams
Fat:	15.0 grams
Fiber:	3.6 grams
Salt:	0.9 grams